Iron Resilience

Men’s Fitness & Mindset Coaching

Novice Routine

Iron Resilience Novice Upper Lower Routine

WEEKLY SPLIT

- Upper
- Lower
- Rest
- Upper
- Lower
- Rest
- Rest or Active Recovery

Abs trained 2 to 3 times per week

Daily walking 8000 to 15000 steps

PROGRESSION MODEL

- Linear progression add weight or reps every session
- When all sets hit the top rep range increase load next workout
- If a lift stalls for 3 sessions reduce load by 10 percent and rebuild
- Focus on perfect technique and full range of motion

UPPER DAY A

Chest and Shoulders

- Barbell or dumbbell bench press 3 sets 5 to 8 reps
- Overhead press barbell or dumbbell 3 sets 5 to 8 reps

Back

- Lat pulldown or assisted pull up 3 sets 8 to 12 reps
- Seated cable row or chest supported row 3 sets 8 to 12 reps

Arms

- Tricep pushdown or close grip push up 2 sets 10 to 15 reps
- Dumbbell curl or cable curl 2 sets 10 to 15 reps

LOWER DAY A

Legs

- Back squat or leg press 3 sets 5 to 8 reps
- Romanian deadlift 3 sets 6 to 10 reps

Accessories

- Leg curl machine or lying leg curl 2 sets 10 to 15 reps
- Standing calf raise 3 sets 12 to 20 reps

Core

- Plank or hanging knee raise 3 sets 20 to 40 seconds or 10 to 15 reps

UPPER DAY B

Chest and Shoulders

- Incline dumbbell or barbell press 3 sets 6 to 10 reps
- Dumbbell or machine shoulder press 3 sets 8 to 12 reps

Back

- Barbell row or t bar row 3 sets 6 to 10 reps
- Neutral grip pulldown or pull up 3 sets 8 to 12 reps

Arms

- Dips or cable pushdown 2 sets 8 to 12 reps
- Hammer curl or preacher curl 2 sets 10 to 15 reps

LOWER DAY B

Legs

- Front squat goblet squat or hack squat 3 sets 6 to 10 reps
- Hip thrust or stiff leg deadlift 3 sets 8 to 12 reps

Accessories

- Leg extension 2 sets 12 to 15 reps
- Seated calf raise 3 sets 12 to 20 reps

Core

- Cable crunch or ab wheel rollout 3 sets 10 to 15 reps

CARDIO AND CONDITIONING

- Elliptical or stationary bike 20 to 30 minutes 2 to 3 times per week
- Walking and NEAT 8000 to 15000 steps per day

KEY PRINCIPLES

- Train each lift twice per week
- Progress load slowly and consistently
- Never train to failure on compound lifts
- Leave 1 to 2 reps in reserve on most sets
- Sleep hydration and food drive progress

NUTRITION NOTES

- Protein grams equal 0.8 to 1 times bodyweight in pounds
- Fat grams equal 0.3 to 0.4 times bodyweight in pounds
- Calories equal bodyweight times 14 to 16
- Carbs fill remaining calories after protein and fat
- Consistency beats perfection

WHEN TO MOVE ROUTINES

- Once you can complete all sets at the top of the rep range for 2 to 3 consecutive sessions increase weight and keep same reps
- If linear progression stalls for more than 2 weeks, continue at current weight until reps improve
- After 8 to 12 weeks of consistent progress consider moving to an intermediate routine with more volume and exercise variations
- If recovery becomes difficult or soreness lasts longer than 2 days, maintain novice routine until recovery improves
- Track lifts and body composition to decide when to increase frequency or intensity